

# Reflections

Thursday-Saturday, April 9-11, 2020

## Free meditation listens

- *Health and Wellbeing*, **10,292** since March 20, (YAHOO!)
- *Relaxation*, 6,219 since March 27
- *Restoring Your Energy*, 4,738 since April 3
- *Eternal Sun*, 2,901 since April 10

I feel like we're really making a dent in Bob Monroe's exhortation to "get it out there!" With every release, the numbers take off more quickly than the one before. That says to me we are gaining traction with our offerings...and the word is spreading.

## Campus Closed

Thank you all for rolling so gracefully when we closed our buildings this week. I know that put some of you in a real pickle. I appreciate your flexibility and good attitudes.

## PPP program

This is the program by where we get reimbursed for keeping everyone on payroll during our pause. As of Saturday, we haven't heard on the status of our application. Please, every send out good juju (patterning) for this to come through easily and quickly. It's worth \$208,000 to us.

## TU calls

Every call I make further convinces me that what we're doing makes a real difference in people's lives. We have so many people who want us to succeed. That's wind at our backs.

## Monroe Institute online offerings:

Our pivot to online offerings is well time. Thank you all for making that happen! Here's list of what we've got coming up:

GlideWing: <http://www.glidewing.com/>

- April 4: *Beyond Meditation*
- April 18: *Ageless, Timeless* (Patty Ray's **NEW** course)
- April 25: *Beyond Meditation Introduction*
  - (working with GlideWing to have open enrollment)
- May 9: *Developing Intuition*
- May 23: *Introduction to Lucid Dreaming*
- June 20: *Adventures Beyond the Body* (Buhlman's **NEW** OBE online )

Monroe online: <https://www.monroeinstitute.org/collections/online-programs>

- April 22: *Masterclass* (**NEW**)
  - 10 weeks of conversations with talented Monroe trainers. Free.
  - Announcement going out the week of April 13.
- April 20: *Lifting the Veil* (based on Wave VII) (**NEW**)

- May 11: *Gateway Voyage Outreach online Awakening* (Based on Patty Ray's *Inner States*): (NEW)
- Available April 15 and scheduled by trainer: a one-day course with live trainers

That's 10 offerings in two months. That's a hard pivot to online. Nice work everyone.  
Free Meditations

- Any time you want! <https://www.facebook.com/monroeinstitute/>
- When you're in Facebook, view the short videos introducing each exercise (~1:00)

### **Monroe Salon:** Saturday, April 11, 2020

We held our second salon this morning at 10-11a.m. The maximum of twelve attended. They were ½ PD members and ½ Board of Advisors. The conversation was wide-ranging and insightful. We spent quite a bit of time talking about the various Monroe tools people are using in the time of COVID-19.

### **What is a "Monroe Salon?"**

We patterned our Salon on Mr. Thomas Jefferson's salons, gatherings of a dozen people to discuss a topic of the day. He first attend these salons in France when he was ambassador and brought the tradition to the United States. It's a nod to our Virginia roots.

### **Hope for a COVID-19 cure?**

Brian Dailey mentioned this news in the salon today: Beech Tree Labs has a product that shows great promise. Joe McMoneagle worked with them.

<https://www.timesjournalonline.com/article.asp?id=104957>

### **Good news** from a participant:

Mark Panger attended the first OBE Spectrum. He was new to Monroe. He is fascinated by OBEs and has taken several online courses to learn how to initiated one. I recruited him to attend because he was serious...really serious about this. At one point last fall, he practiced 111 days in a row to make that happen. It didn't. He was VERY frustrated.

Then he agreed to our OBE Spectrum course facilitated by Patty Ray and Luigi. He learned a whole bunch of new skills—but no OBE during the course. He went home and practiced.

I had a Zoom call with him on Thursday night. When he got on I thought there was something wrong...he was jumping around and screaming at the top of his lungs. When I could finally understand what he was saying it was, "I did it! I did it! I @#\$%^ did it! My first self-initiated OBE! This is ^%\$##@ GREAT!"

Congrats to Mark and all who helped make that course possible because it truly has changed how Mark views himself in the universe. It hasn't changed how he uses language, however.

Got a phone call from him on Friday morning. He did it AGAIN! Only this time he initiated an OBE from a lucid dream. It was a much tamer, "AWESOME!"

From Jim Lewis, addressed to all of us:

*"I admire and really appreciate your hard work and dedication. It's serving to keep us "glued" together.*

*I know how hard you all are working, so I hope you will try to get needed rest, keep separations, and take care of yourself to stay healthy. We need you."*

An amazing photo of the Nancy Penn Center:

Brian Dailey: "This was a picture taken by Adrienne Eichner who came for a healing session at our Energy Medicine Program. She has a Professional studio in Charlottesville. She did a bunch of other photos as well, all beautiful. I'll send more."



On that note, I'm going to relax and have a glass of wine with my bride.  
See you Monday.  
Scott